



# Live4Life 2015

## 'Speak Up, Speak Out' Competition!

Theme: Speak Up, Speak Out

Entries Open: Friday 17<sup>th</sup> July 2015

Entries Close: Friday 4<sup>th</sup> September 2015

### **Speak Up, Speak Out**

Think about what speaking up and speaking out about mental health means to you. Think about the people in your life that you, or a friend, could go to for support during a tough time – could be parents/guardians, school counsellor or other trusted adults. Or maybe places or organisations that we've looked at during Live4Life (online or in the Macedon Ranges). You can enter anything you like in one of the categories below – you just have to tell us in 50 words or less what speaking up, speaking out about mental health means to you. You can enter with a group of friends, on your own or both!

***(Maximum of 2 entries per person)***

### **Categories:**

1. Photography (people, places, things etc)
2. Multimedia (video, animation, film clip, podcasts etc)
3. Other (could be a poster, poem, artwork, sculpture...anything! Just create your entry, take a photo of it & send in)

### **Competition Rules:**

1. All entries need to **clearly support the theme 'Speak Up, Speak Out'** and promote positive mental health
2. You **must** include the Live4Life Logo on your entry (Live4Life stickers will be provided at your school, or you can download a .jpg from the website at [www.live4life.org.au](http://www.live4life.org.au))
3. You **must** also submit 50 words or less about what speaking up, speaking out about mental health means to you!  
*Without these 2 things you won't be eligible to win the prize money!*
4. You can submit your entry electronically (formats: .jpg, .mp4, .pdf) on the Macedon Ranges Shire Council webpage from 17<sup>th</sup> July 2015. Files bigger than 10MB need to be submitted via your Year Level Coordinator on USB or CD/DVD.
5. Entries must be accompanied by a completed Live4Life Competition entry form
6. All entries must be original and your own ideas
7. Please don't include any names on your entry
8. If entries are not appropriate or don't relate to the theme they will not be considered in the Competition
9. Entries will be judged by the Live4Life Crew (Year 9 & 10 students from the 5 Live4Life schools)
10. The Live4Life Competition is open to Year 8 students from the 5 partner schools participating in Live4Life 2014.

Winners will be awarded a Visa/Mastercard gift cards (Individual, Group & Category Winners) or iTunes vouchers (Judges Choice):

- 1 x \$400 Individual Winner (all categories)
- 1 x \$800 Group Winner (all categories)
- 3 x \$200 Category Winners (Photography, Multimedia & Other)
- 10 x \$40 Crews Choice

**Total Prize Pool = \$2000!**





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Please fill out this form and return it with your entry (on a USB, CD or DVD) to your Year Level Coordinator.

Name/s: .....

School: .....

Tick which **category** you are entering in:

Individual ☐

OR

Group ☐

Photography ☐

Multimedia ☐

Other ☐

### Speak up, Speak Out!

*In 50 words or less tell us what speak up, speak out about mental health means to you, and your favourite message from Live4Life 2015!*

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Entries **close on Friday 4<sup>th</sup> September 2015**. Macedon Ranges Shire Council reserves the right to use or reproduce entries to promote Live4Life and/or the Youth Development Unit. By submitting your entry you agree to the Competition Rules (as outlined above):

Agree ☐

Signed: .....

If you have any questions about your entry or the Competition please contact Lauren Proudfoot at [lproudfoot@mrsc.vic.gov.au](mailto:lproudfoot@mrsc.vic.gov.au)

